



2019

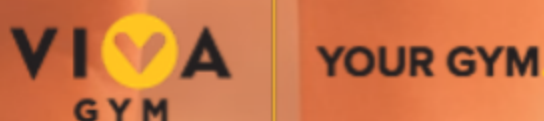


WESTERN PROVINCE ATHLETICS

Race flyers and results

www.wpa.org.za

wpa-subscribe@yahoo.com



Seeff

Coca-Cola

Peninsula
Beverages



TABLE VIEW HIGH SCHOOL 10KM & FUN RUN

SATURDAY
2 NOVEMBER 2019

10KM - 7:00AM

5KM - 7:30AM

TABLE VIEW HIGH SCHOOL
JANSSENS ROAD
MEDALS TO ALL FINISHERS

PRIZE MONEY

Category	1st	2nd	3rd
Open	R650	R450	R350
Junior (14-19)	R300	R200	R150
Master (40-49)	R300	R200	R150
Master (50-59)	R300	R200	R150
Master (60-69)	R300	R200	R150
Master (70+)	R300	R200	R150

084 288 7987

info@start2finish.co.za

Enter online at www.tvhs.co.za

EVENT RULES

- The race is run according to the rules of IAAF, ASA and WPA
- Participants must be 14 years of age or older on race day for the 10km run and 9 years of age or older on race day for the 5km run
- Race numbers will not be issued. All registered athletes must wear two valid licence numbers. Unregistered participants must purchase a Temporary Licence which must be worn on the front of the vest
- Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete
- Licenced athletes should wear club colours. Temporary licenced athletes must run in clothing without advertising
- Age category tags must be worn (front & back) and visible for the entire race to be eligible for any age category prize
- Entry cards, must be in the athlete's possession during the race and handed in at the results board at the finish
- Cut off time is 2hours 15mins
- Prize giving is at 9am
- Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offender to the referees #RunClean
- The use of music players with headphones is not allowed and may result in disqualification
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation
- Respect the marshals, they are there for your safety
- Entry fees – Senior licenced R70, unlicenced R110, Junior licenced R50, unlicenced R75, 5km R45
- A tog bag area will be available on race day at your own risk
- An admin fee of R5 will be charged for online entries.
- In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter. Corresponding numerical age category tags must be worn on the front and back of their Club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- Temporary licenced participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
- Juniors (born in 2000 or later) wearing a senior or junior licence must display category tags 'J', to qualify for age group prizes. Juniors will count towards Open or Senior team prizes
- No personal seconding will be permitted except at official refreshment stations.
- **DISCLAIMER :** Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national athletics bodies and all persons assisting in staging the event from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from their participation in the event.
- No dogs allowed in the 10km but are very welcome in the fun run

Pre-entry registration and late entries on the
day 5:30am – 6:45am